

## FEATURED NEWS



SACRED HEART FLICKR

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### TWEETS OF THE WEEK

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## An Honest Conversation About Post-Truth

BY NEIL GRASSO  
Assistant News Editor

Students, faculty members, and local community members gathered in the Martire Theatre on April 2 to participate in An Honest Conversation About Post-Truth.

The event was a part of the Human Journey Colloquia Series and was sponsored by the School of Communication, Media & the Arts (SCMA).

The discussion was moderated by SCMA professor Bill Yousman, and featured guest speaker Lee McIntyre.

McIntyre is a research fellow at the Center for Philosophy and History of Science at Boston University, as well as an Instructor of Ethics at Harvard Extension School. He also is the author of several books; most recently, he published a book in 2018 titled "Post-Truth."

McIntyre defined the concept of post-truth as the political subordination of reality. He referenced multiple examples in which the concept is prevalent in modern day American politics, including Donald Trump's comments on the size of his Jan. 2017 presidential inauguration, as well as his reasoning for not cancelling campaign rallies after the Pittsburgh synagogue massacre that occurred in Oct. of 2018.

In these two instances, McIntyre cited the specific statements that Trump made that were later proven to be false by multiple media outlets.

In the case of the inauguration, Trump stated that it had the highest attendance in history. Trump's statement was proven to be a lie after photo and video evidence comparing the crowd sizes between the 2017 inauguration and President Obama's inauguration in January 2009 emerged.

According to McIntyre, Trump also altered the truth in the aftermath of the massacre in Pittsburgh when he stated that the New York Stock Exchange (NYSE) remained open the day after 9/11. This is also not true – the NYSE reopened six days after the events of 9/11.

In both instances, media outlets and individual reporters made efforts to inform both the public and Trump himself that these statements he made were inaccurate.

McIntyre went on to express his belief that Trump did not care about his inaccuracies being blasted by the media, for the lies he told had already served their intended purpose.

"That's post-truth. It's lying with the expectation that you're going to get away with it because the person you're lying to can't do anything about it," said McIntyre. "I think it's dangerous."

McIntyre also discussed the issues of science denial and corrupt PR tactics employed by major corporations with specific political agendas.

Sacred Heart students enrolled in business and communications programs expressed their gratitude for McIntyre's presence and the lessons he provided.

"The one thing I took away from this lecture is that the reality we face is socially constructed by the media around us," said Sydney Santos, a junior communications major. "My mind was blown with the speaker said that 'your truth' will not be the same as 'my truth' due to our different backgrounds and experiences. It is scary knowing that the media and political figures have the power to dominate our reality."

Communications professor Jane Paley felt as though the colloquium provoked multiple emotions at the same time.

"The Post-Truth discussion was simultaneously depressing and enlightening," said Paley. "The message is urgent: choose facts over feelings."

McIntyre concluded his discussion with Professor Yousman with advice regarding how to fight the disinformation produced by post-truth tactics.

"I think we should be worried enough to take action. For one thing – support the truth tellers," said McIntyre.

"Don't just hide behind the paywall and get the ten free articles from the New York Times. Buy the subscription. If you want to support good investigative journalism, pay for it. That's one important thing you can do. Support people who are supporting the truth telling."

## NBCUniversal Recruitment Day

BY GRAHAM O'DWYER AND CHARLES PEACOCK  
News Editor and Staff Reporter

On April 2, Sacred Heart and Career Development hosted NBCUniversal, who conducted a lecture and internship recruitment day on campus.

Nicole McArdle, Campus Recruiter and a member of the NBC Olympics team, led the lecture. McArdle covered information regarding the 2020 Tokyo Olympics and the coverage that NBC offers.

"NBCUniversal owns the U.S. media rights on all platforms to all Olympic Games through 2032," said McArdle.

NBC Sports is currently offering internship opportunities for the 2020 Tokyo Olympics. Students enrolled in an undergrad or grad program are eligible to apply.

According to the job posting on NBCUniversal's website, "Games of the XXXII Olympiad will take place in Summer 2020 in Tokyo, Japan. A select number of students will have the opportunity to intern either at the NBC Sports Group facility in Stamford, CT, or in Tokyo, Japan."

Positions available during the Olympics are, but not limited to, production assistants, digital production assistants, loggers and runners.

According to the job posting, interns will "assist in the production of 100 daily live streams and 300 daily video highlights & features from every Olympic sport and event, for publication on NBC's digital platforms, which include NBCOlympics.com, the NBC Sports app, social media channels, connected television apps (Roku, Apple TV, Xfinity, etc.), and other outlets like Taxicabs, sidewalk kiosks, etc."

Director of Career Placement, Patricia Moran, saw this seminar as very helpful, and an advantage for students who attended. "So often our students are left to do their own research. There's nothing like having the source come in person and give their full insight," said Moran.

Students in attendance also felt that this was a great networking opportunity, and a chance for them to get some insight into what NBCUniversal and NBC Sports Group are all about.

"It is important to learn about the inner workings of a large company before you apply because it is truly a different environment," said senior Kevin Plant.

Joseph Alicastro, former NBC Producer and current professor and Director of the Masters in Broadcast Journalism & Media Production Program, knows how strong the relationship between Sacred Heart and NBCUniversal is.

"The School of Communication, Media, and the Arts at SHU has a very strong relationship with NBCUniversal," said Alicastro. "The opportunity for our students to apply for internships with NBC Sports will help them now and in the future as they enter

the job market no matter where they begin their careers."

McArdle told those in attendance what NBCUniversal and NBC Sports looks for in applicants, and what might help someone land an internship with the company.

"Campus involvement is definitely the most important on any students resume. Whether it is playing a sport, being in a club, Greek life, what have you. Campus involvement is what we look for," said McArdle. "Do your research, showcase your value, have thoughtful questions, and most importantly, be yourself."



STEFAN AYANIAN/SPECTRUM

CAREER DEVELOPMENT HOSTED NBCUNIVERSAL AND A CAMPUS RECRUITER TO INFORM STUDENTS ABOUT INTERNSHIP OPPORTUNITIES AVAILABLE FOR THE 2020 TOKYO OLYMPICS.



# News

## Greek Week 2019

BY AMANDA DE LAUZON  
Staff Reporter

"Every member of Greek Life belongs to their respective chapters and finds their home with their brothers or sisters," said Panhellenic president and Alpha Delta Pi member Nicole Patch. "We all create our larger community of Panhellenic and the Interfraternity Council and Greek Week is a time for us all to come together and represent our individuality while supporting one another and partaking in some light-hearted competition."

On April 1, Greek life hosted the beginning event of their annual week-long competition between all Greek organizations. They hosted their kick-off event in the University Commons and continued to have events the entirety of the week to promote unity between Greek organizations and community service.

"Greek Week is planned mainly by our IFC and Panhellenic Vice Presidents of Programming. This year, the students in those roles are Jack Boese from Kappa Sigma and Hannah Jones from Kappa Delta," said the director of Greek life, Nick Frias. "They have been working very hard since the beginning of the spring semester to come up with the week-long schedule of events and make sure safety is the top priority."

This week included activities such as Family Feud, an Escape Room, Greek Sing, a banner contest, a community service day, and Greek Olympics.

Greek Sing is a lip singing and dancing contest where each organization gets a theme and needs to prepare a performance in hopes to win points towards Greek week. This year's Greek Sing was held on Thursday and the theme was board games. Each organization was assigned a game and had to create a routine about it.

The contest was judged by Emily Grobmeyer and Sarah Haimann, who both work in residential life along with Anne Wendel, who works in Volunteer Programs.

Phi Sigma Sigma, which had the theme of Clue, won first place. Second place was given to Beta Theta Pi, which had the theme Candyland, and third place was given to Delta Zeta with the theme Sorry.

"All of our hard work paid off," said sophomore Beta Theta Pi member Matt Andriunas. "I think we really deserved it, we put in a lot of time and effort, late nights and long hours, so we are really excited."

The community service day was on Friday and included a lot of student participation in hopes of using Greek life as an outlet to help others.

"The service day is new for us, and we are excited to help bring the Greek Community together in support of the community engagement standards we all

uphold in our individual fraternities and sororities," said Interfraternity Council (IFC) president and Beta Theta Pi member Daniel Marino.

The final event of Greek week was the annual Greek Olympics, which took place on April 7 and consisted of relay races, tug of war, and flag football. The winners were fraternity Omega Phi Kappa and sorority Kappa Alpha Theta, which made for another successful Greek week.

"Although we all wear different letters and promote different core values, Sacred Heart's fraternities and sororities are all founded on similar aspirations and expectations," said Marino. "Greek Week provides an excellent opportunity to show our university what we stand for and what it truly means to be a part of Greek Life."

It was announced Monday morning that the overall winners of Greek Week were Phi Sigma Sigma. In second place is Delta Zeta, and coming in third place, Kappa Alpha Theta.



AMANDA DE LAUZON/ SPECTRUM

GREEK WEEK JUST FINISHED AND WAS BOARD GAMED THEMED. PICTURED ABOVE: THETA PHI ALPHA PERFORMS AT GREEK SING WITH THEIR TOPIC, OPERATION.

## Re Lei for Life

BY ERIN COONEY & BRYANA CIELO  
Staff Reporter & Managing Editor

Relay for Life hosted their 11th annual fundraiser at Sacred Heart's William H. Pitt Center on Friday to build awareness and raise money for cancer.

This year's event was Hawaiian themed; the event was called "Re Lei for Life." Participants dressed in leis and tropical t-shirts as they walked around the track to show their support.

"Relay for Life fundraiser is a part of the American Cancer Society. The goal is to raise as much money as possible to lessen the burden on the survivors, caregivers, and those currently fighting cancer, as well as support research efforts working towards finding a cure for cancer," said Relay for Life President Erica Heinz.

Relay for Life is a community-organized fundraising event, in which members of the community come together under the organization. Sacred Heart has its own Relay for Life club which students can join to help orchestrate the events and raise money.

"Once we went to one meeting, we immediately fell in love with the work that this organization does and the connection that it builds between the SHU community and the survivors in surrounding towns," said Heinz. "This club has been on campus for 11 years, and the reason why we gain so much participation within the community is because cancer is such a prevalent disease. Everyone knows someone who has been affected by it."

Sacred Heart created a fundraising page that encouraged people to form teams in order to walk together. Many of SHU's Greek Life organizations created teams, as well as some clubs. To name a few: SHU Club Football, Kappa Alpha Theta, Iota Phi Theta, Theta Phi Alpha, Chi Omega, Kappa Delta, Delta Zeta, SET, Ivory Ella, and Love Your Melon.

"I am not a member of Relay for Life, but try to attend the yearly event as cancer education and awareness is something important to me. The event is upbeat yet sentimental, making fundraising something I want to be a part of," said junior Sean Burke.

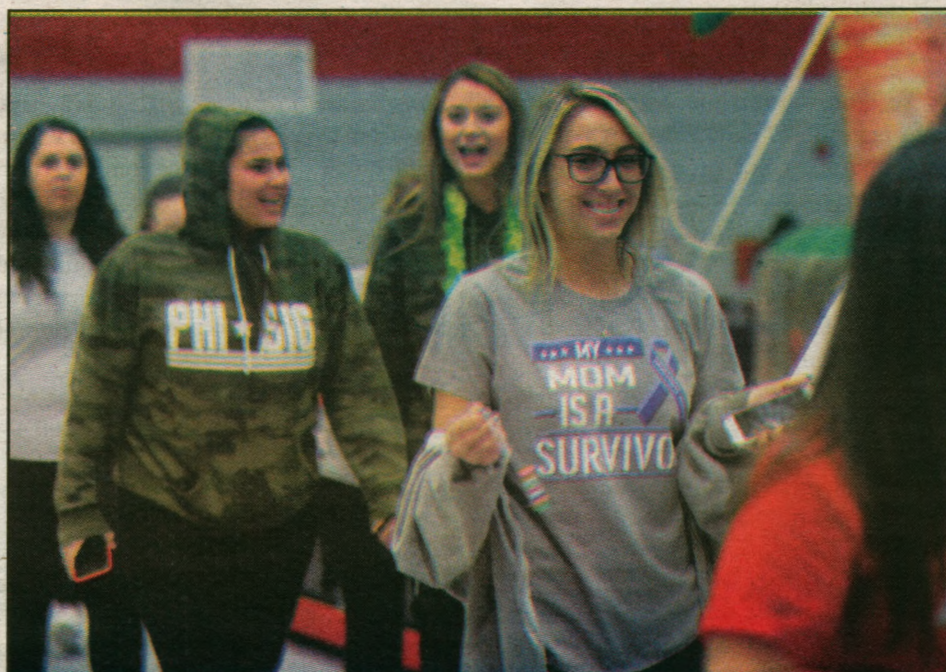
"I came to this event with a few of my buddies having never heard of it, but I am enjoying myself," said freshman Andrew Zebarth. "The event raises money for a good cause but does not feel like just any fundraiser."

The event consisted of both Sacred Heart students and members of the

community. As of press time, it has raised \$8,188.13.

The event was advertised through the efforts of the club's marketing and advertising committee. "This committee is made up of mostly freshmen who brought new and fun ideas about ways to appeal to those on campus as well as creating the ads that we used to advertise the event. We have advertised through email, posters, fliers, and social media," said Heinz.

"Cancer is something present in my family, so attending events to support members of the community is nice. Coming together with strangers for a meaningful cause is something I will always make time for," said sophomore Kara Langdon.



SACRED HEART FLICKR

RELAY FOR LIFE WAS HAWAIIAN THEMED AS THE ORGANIZATION WORKED TOWARDS RAISING MONEY FOR CANCER RESEARCH.



# Perspectives

## He Said, He Said: Sequels vs. Originals

HE SAID



ANTHONY

Watching films has always been something special to me. You learn to appreciate different things as life moves on and it goes to show that there is a real art in the moving image. We see a piece of ourselves in films. Many films comment on how we live and who we are and you can learn and experience a lot from the screen, depending on what you're looking for of course.

Some films are so good, or make enough money, that they make way for other movies to be made, continuing the story in one way or another. Sequels, prequels and spin-offs within cinematic universes can be made and can all be interesting. However, those films almost never top the original. The original will always be the staple for what got these franchises to where they are and it is only in certain circumstances where the sequel, top to bottom, is better than the film that came before it.

Think of all the great franchises in film, or even trilogies for that matter. All of which are jump-started by stellar first acts that are usually unforgettable and some of the later acts just don't reach the same level. Look at the "Jaws" films. The film franchise that should've only been the first movie, is only made because of how brilliant the first picture was. Not being able to see what you fear was an element that happened by accident, but helped the film in so many ways; whereas in the "Jaws" sequels, all come off cheesier because now we all see the shark, which is now poorly made CGI.

I think people need to realize that certain things in life are like lightning in a bottle.

Sometimes you can recreate greatness but not every film can change the game. There's this incredible thing called timing. Being at right place, at the right time, with the right people, making something truly unique is something people can only dream of.

The "Star Wars" franchise is an interesting case in this because of where it started and what it has become. When you say the "originals" you can be talking about 1977's "Star Wars" up against the first sequel 1980's "The Empire Strikes Back". Others then shift the argument saying the original trilogy, the first three films from 1977-1983 are better than the prequel trilogy which was from 1999-2005 and now that Disney owns it, we even have a sequel trilogy and a series of spin-offs. So many films to watch and examine but in the end, the whole reason why people love the franchise in the first place is because of that initial film. That first adventure.

Now I do think one can debate certain sequels being better than the first movie. I'd say "Empire Strikes Back," "The Dark Knight," "Spiderman 2," and a few others can make valid arguments.

The first time you do or experience something always stays with you and realizing that does kind of point this argument in my favor, but that's up to the viewer to decide. Why do you like the films you do? How do they make you feel? For me, I'll never forget the feeling of seeing a film for the first time. Good or bad, first impressions are the ones that stay with you.

HE SAID



ROBERTO

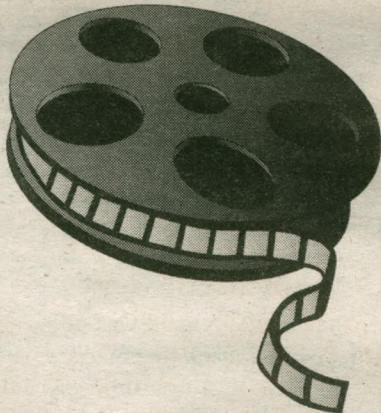
Sequels have become commonplace in cinema. Because of the success of major original movies, it's easy to say that the sequels also tend to ride off the success that its predecessor had. You can take your pick for great sequels that were perhaps better than its predecessors: The Empire Strikes Back, Shrek 2, The Dark Knight, Spiderman 2, The Godfather Part II, and even Toy Story 2. A majority of those movies have also ended up having franchises that spanned two or three more movies after its original version, or even more.

For myself, it's always more interesting to see what the sequels end up being than the originals. One of my favorite franchises has been "The Fast and Furious" because of all the entertaining surprises that the original couldn't have been able to demonstrate.

If you want a reason to support sequels over its original movies, you only have to look at the box office. Of the top 10

highest-grossing films of all time, six of them are actual sequels, which only proves, at least in my opinion, that many people are really interested in these kinds of movies, and personally, it's something that I'm happy to see.

Despite the common opinion that perhaps sequels are inferior to originals, some sequels have a story worth telling. It may be a negative thing to see creators get lazy because of the familiarity that we receive with the characters, but personally, there are certain exceptions to the narratives that sequels get. A good example would be if you look at the popularity of The Avengers or the films from the Marvel Cinematic Universe. This is because people were generally interested and excited because of the hype that comes surrounding these movies. So with that, I think there is always a sort of love that should be given to sequels, just like original movies.



LECTION

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FINALS



# Perspectives

## Darties or Parties?

BY LAURA GREEN  
Staff Reporter



PHOTO COURTESY OF BRYANA CARABALLO

**MANY COLLEGE STUDENTS LOOK FORWARD TO THE WARMER WEATHER AS THATS MEANS DARTIES, OR DAY PARTIES, WILL BEGIN TAKING PLACE.**

Do you prefer darties or parties? For senior Brandon Asgeirsson, the vote is for darties. "Honestly, I just love darties. I love being outside with all my friends by the lake listening to music and just hanging out. The weather puts everyone in a great mood," said Asgeirsson. A darty is a party thrown during the day. The word darty is a portmanteau of "day" and "party." Darties are very popular across the country on many college campuses. Junior Judena Cristino not only likes darties because of her friends, but because of the weather.

"Usually when I go out I go to parties in a house and it just gets so hot and is really cramped," said Cristino. "I love darties because being outside is so much nicer than being cramped in a basement." In addition, another reason some students prefer darties is because they feel better the next day.

Sophomore Denise Brito said, "I like darties a lot more because after going out I can come home and sleep and I will feel fine the next day. Usually when I go out at night I don't get back until late and the next day I feel tired." However, while some students love darties, others do not.

"I'd rather go to a party at night than to a darty, because after darties, I never want to go out later. I always feel weird for the rest of the night. I do like being able to hang out outside though. That is the only plus of darties," said junior Chris Walsh.

Junior Ana Wolkenstein enjoys darties, but only in certain situations.

"I do like darties a lot, but I do not like when they are too big because then the cops come and it really kills the whole mood," said Wolkenstein. "I like when they are medium-sized and later in the day so it is not too hot. The one plus of darties is you get really cute Instagram pictures." Although some students prefer darties, junior Mateo Parych would rather go to the bar than either a party or darty.

"I like bars the most because I like the setting and everyone being in one place. I like being able to have a place to hang out with friends that is not someone's house," said Parych.

"Once I turned 21 and was able to go to bars, I started to like them a lot more. A lot of my friends go to bars too, and not really house parties." Other than darties being a highlight of spring, many students feel that the spring weather changes the overall campus feel.

Junior Nicole Amalifitano said, "I love when it turns to spring because everyone gets in such a better mood. The campus seems a lot livelier. Everyone goes outside in the quad. Some of my best memories from SHU are during the spring, hanging out with my friends at the beach and going to darties."

Additionally, junior Caitlin Herbert feels that spring makes people excited for summer to come. "Spring is great on campus because everyone is in great moods. Everyone hangs outside and plays music. I think everyone is getting excited for summer, so spring is just a great time on campus."

## Post-Khalid Reaction

BY ALLY PLEZIA  
Staff Reporter

On March 29, students lined up outside of the Pitt Center waiting to see Khalid perform for this year's spring concert. For many students, getting to see Khalid live was the highlight of the semester.

"When Sacred Heart announced that Khalid was going to be performing at the next spring concert, I couldn't believe it," said sophomore Claire Vreeland. "I wasn't sure what to expect from such a big star, but I was seriously blown away." The 21-year-old singer is a five-time Grammy-nominated pop artist. With his hit singles "Location" and "8Teen," some students were familiar with his music prior to the spring concert.

Many students were pleased with Khalid's performance and had nothing but positive things to say about the event.

"I really enjoyed Khalid's concert," said junior Dom Ferranola. "I thought he was very interactive with the crowd and was amazing live and in-person."

"Khalid was a really good performer for SHU," said freshman Simona Bruno. "He brought happy and positive vibes to the whole crowd, and was so into his performance. It was so cool to see him in-person." For some students, however, the Pitt Center wasn't the ideal place to hold the spring concert.

"While standing in the middle of the crowd at the Khalid concert, I felt overwhelmed," said sophomore Bryn Weidel. "It was uncomfortably hot and claustrophobic. However, when Khalid came on, my attention turned right to him and it ended up being a great night. I was so close to the stage."

"I felt so hot and confined in the middle of the dance floor," said Vreeland. "It was a great performance, but it was hard to enjoy in the conditions of the atmosphere."

"I'm so happy I was able to see Khalid live, but the crowd was getting a bit too hectic in the small space," said Bruno.

Many of the seniors were thrilled about Khalid being the last spring concert they will ever get to attend as students. "I really liked Khalid for my last concert here at Sacred Heart," said senior Abby Black. "I listen to his music, so I knew a lot of the songs. I went with a big group of my friends and we had a blast."

Some students weren't quite familiar with Khalid and his music, but still made the most of the event.

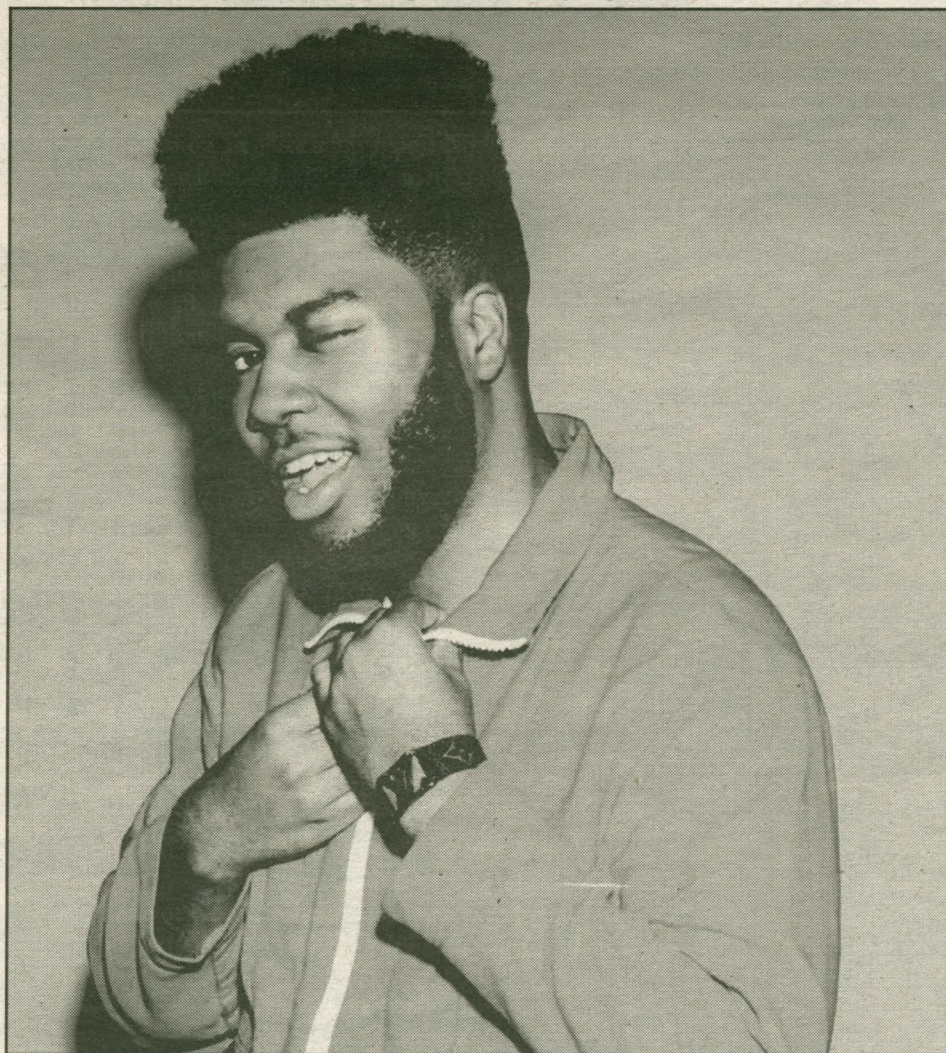
"I didn't know any of Khalid's songs prior to coming to the spring concert," said junior Chris Kattack. "It was just fun to be with my friends, and see how the student body came together."

With the positive feedback that came with the performance, there was also some negative feedback about Khalid's Sacred Heart debut.

"The only thing I did not like about the show was how he just ran off-stage after the last song," said Ferranola. "He didn't even say goodbye or thank the crowd for coming out."

Nonetheless, many students were pleased with the performance, and just happy that the performer showed up.

"Being a sophomore, I have never had the experience of a spring concert before," said Vreeland. "I'm so happy that Khalid showed up, and even better, showed Sacred Heart a great time. It was such a fun way to spend my Friday night."



SACRED HEART FACEBOOK

**KHALID PERFORMED ON MARCH 29 FOR SACRED HEART STUDENTS AS THE SPRING CONCERT AND MANY STUDENTS WERE PLEASED WITH THE PERFORMANCE.**



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Life with Migraines

SARA TERPAK  
ASSISTANT FEATURES EDITOR



For almost seven years now, I've been dealing with chronic migraines. I would praise the day that my head would not hurt. From tension and stress headaches to migraines, they took over my life. The duration of the headaches would last a few hours, days or weeks. Medication after medicatino, hospital trips, MRI scans, different doctors, trying acupuncture, and biofeedback – Nothing was working. My life felt like it was falling apart.

It all started at the end of middle school going into high school. It was difficult for me to get up and go to school while I was in pain. Almost every day I had a headache that would turn into a migraine. It was not easy being in school for eight hours in a loud environment with florescent lights. I could barely lift my head because I was in excruciating pain, I felt trapped and had nowhere to go.

In my first year of college, my migraines didn't seem so bad. I thought maybe, just maybe, I grew out of them. I wouldn't get them as frequently. Boom. Sophomore year hit and it seemed they came back even worse. It was one day after a horrible migraine that I decided I can't live my life like this anymore. I needed relief, and I needed it fast.

There would be days I would have to lay in bed with the lights off to get some sense of relief. I would go through ice packs like there was no tomorrow. The coldness

would numb the pain just for a little. On the nights that my friends would go and hang out, I had to stay in and the fear of missing out would kick in. Even some days in class, the pain wouldn't stop but I had to push through it, because I couldn't afford to miss a class. I felt hopeless, it hurt to move and the pain was unbearable. I couldn't focus in school and my grades were suffering. I felt like I was missing out on time in college, especially with friends.

About a few months ago, my life started to change. My roommate and I decided to purchase an oil diffuser. I did some research and it not only helped with migraines, but stress and sleep as well. Peppermint and lavender oils are my essential oils. If I put it on the diffuser or place it on my temples for some relief. But I knew I had to do more than just oils to get relief.

I was still struggling with my migraines until recently trying a new medication specifically for migraines. Finally, after seven years, I'm really starting to notice a small difference. Even though it is a small difference, I am finding some relief. And hopefully, one day I would feel little to no pain at all.



Forgive But Don't Forget

ABIGAIL FRISOLI  
ASSISTANT PHOTO EDITOR

The biggest advice that I could give to someone is to forgive but not forget. There is nothing that I hate more than holding grudges, particularly pointless ones. I especially hate when grudges are held simply because someone is too scared to face what happened and would rather run away than face their problems head on.

However, what I can say is that although living one's life around grudges is an extremely unhealthy way to live, it is also unhealthy to forget altogether the things that have happened. Everything that has happened in the past is not something that should be buried and forgotten, but something that should be used to make better, more educated decisions in the future. The more we experience, the wiser we become and the more we can use this experience towards our future decisions. Running away from the bad will only cause the same mistakes to be made over and over again.

I have experienced so many people during my time in college alone who are holding onto things that do not even affect them anymore just because they do not want to let go of a grudge and they do not want to be the one to cave. For me, the key to happiness when you're upset is to take space from someone or something while the wound is fresh and take time to recover. Then, slowly working towards being okay to be around the person or situation again. I am not saying to get to the point where things are as though nothing ever happened, but to me, to be able to see something or hear about something and to have it not affect you is to officially have gotten over something.

I have had my fair share of fights and mishaps within

friendships. There are people who I have either fixed things completely with or at least have reached a good place with, and there are the people who refuse to work on things with me. With those who refuse to work with me, I am either still working on being okay with or I have reached a place where I can hear about them or see them without being negatively affected or thinking twice. I am not holding a grudge, but I have not forgotten. I have gotten to a good place with some situations using this method, and I will get there with others too.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 600 words and should be emailed to [spectrum@sacredheart.edu](mailto:spectrum@sacredheart.edu). The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.



# Features

## Greeked Life

BY KATHRYN ANDES  
Staff Reporter

Alumni of Sacred Heart University Anthony Sallemi, Frank Scozzari, and Richard Keegan have founded a social network for members of Greek life across the country, called Greeked Life.

“For all of us, Greek life was a huge factor of our college experiences, and we realized that a lot of things could be done to help people in Greek life, whether they be the individuals in the chapter or in the surrounding community. We decided to organize a platform to unite Greek life,” said Richard Keegan.

Scozzari, Keegan, and Sallemi saw an opportunity to connect Greek life organizations with each other and members of the community.

“We were all members of Pi Kappa Phi at Sacred Heart and whenever we’ve personally reached out to another Pi Kappa Phi member they’ve immediately helped us by signing up and rating our app because they want to help their brother or sister that lives across the country,” said Keegan.

Regarding the bad reputation that Greek life can sometimes acquire, Anthony Sallemi said, “It’s a privilege to be in Greek life and no one should abuse it by partying all the time – they should focus on philanthropic work.”

“Our hope and vision is to grow the Greek community through our platform and to connect to the local community and alumni, and to not focus on the partying and negative connotations,” said Frank Scozzari.

Anthony Sallemi came up with the idea and went into business with Keegan and Scozzari, and the three brought the company to life.

“When I was an undergrad I thought of the idea, but I looked at the price to see how much it would cost to get going and it was too high to fathom. But once I was an alumnus and working, I had the idea again and realized this still hasn’t been invented. That is when I called Richard Keegan, the former president, and soon after that we brought Frank Scozzari on board,” said Sallemi.

Sallemi, Scozzari, and Keegan want to focus on the good that Greek life can bring into a community, and help chapters connect with each other and better serve those in need.

“We have a portion of the website and app dedicated to community service projects that anybody can post,” said Sallemi. “Say a church in the area near Sacred Heart needed something built – they could simply find our website and post that they need something, and it goes directly to the organizations at Sacred Heart, and any or all of the organizations can help to get that done.”

Sallemi, Keegan, and Scozzari predict that as more and more organizations join on the app, there will be countless amounts of community service opportunities available for members of Greek life.

“Greeked currently has 159 organizations signed up at over 371 schools and our organization and user community is growing daily,” said Scozzari.

Their start-up company Greeked Life is available in the app store and free to download on any smartphone. The Greeked Life website can be accessed at [greekedlife.com](http://greekedlife.com).



PHOTO COURTESY OF GREEKED

GREEKED IS A SOCIAL NETWORKING APP FOR GREEK LIFE THAT HAS BEEN DESIGNED BY SACRED HEART ALUMNI WHO WERE MEMBERS OF PI KAPPA PHI FRATERNITY.

## Fur Therapy

BY PROF. JANE PALEY  
Communication Studies Professor

Students’ squeals of joy emanate from the UC when the therapy dogs arrive. People look gloomy and sad – then the dogs bring a smile to their face. For six years, I was the lesser half of a canine therapy team. It was one of the most rewarding experiences of my life.

Our rescued Labrador Retriever traveled from his native Louisiana not long after Hurricane Katrina. We named him Hooper. He was confused by the leash; we suspected he had been a yard dog who got loose and somehow survived the pelting rains and wind. He ended up in a shelter until we adopted him.

He didn’t bark. He flinched at loud noises and was terrified by thunder and lightning, which sent him scrambling into the back of a closet. But he instinctively sat and looked lovingly into the eyes of every child he met on the street or in the park.

“He should be a therapy dog,” a neighbor suggested.

Hooper and I went to a local obedience class and worked our way through a therapy training program. He was always the demo dog; he learned the skills more quickly and effortlessly than I did. Our training included a 10-week series of visits to a school for challenged children. He loved them all and sat patiently when they struggled to coordinate

their petting strokes or tried (and sometimes failed) to control their impulses to pull his ears or hit him.

We protected each other in and out of school and became a team. He comforted mourners in Sandy Hook. We visited libraries, hospitals, and schools where he inspired many, but none more than me. I would never have volunteered in this capacity had he not provided the incentive. He opened my heart and filled it with deeper love.

When the work became too taxing for him, he retired to the living room sofa and enjoyed civilian life. He died and our family cried for a very long time.

We finally rescued another dog. We named him Knuckles. He has no aptitude for therapy work.

He’s just a sweet, happy-go-lucky little guy who makes us smile. He is another of the infinite kinds of love God offers us.

Visiting the therapy teams at SHU brought back many happy memories and a few sad ones. A dog’s ability to heal with love will always be a marvel to me. I was lucky to learn this first hand from Hooper.



TESSA KIELBASA/ SPECTRUM

THERAPY ANIMALS BRING SMILES TO CHILDREN AND ADULTS’ FACES WHERE EVER THEY GO, SUCH AS GUS, A PORTUGUESE WATER DOG WHO WORKS FOR K9’S-FOR KIDS THERAPY GROUP BASED OUT OF MASSACHUSETTS PICTURED ABOVE.



# Features

## Alumni Spotlight: Ross Riskin

BY PAXTON MCLANE  
Staff Reporter



PHOTO COURTESY OF ROSS RISKIN

SACRED HEART ALUMNI, ROSS RISKIN, IS LOOKING TO BRIDGE THE GAP BETWEEN FINANCIAL ADVISORS AND FAMILIES FIGURING OUT HOW TO SEND KIDS TO COLLEGE.

Have you ever had trouble planning to pay for college? Have you ever had trouble with financial aid or a financial adviser who doesn't know all the facts?

Ross Riskin, a graduate student in the Doctor of Business Administration (DBA) in Finance program is bridging the gap between financial advisors and families looking to send their children to college with his new financial planning book.

"The Adviser's Guide to Educational Planning" is a 114-page book that covers topics such as education funding, financial aid planning, and education tax deduction/credit planning. It includes chapters covering specific strategies for high-income and high-net-worth individuals, business owners, divorced/divorcing couples and grandparents.

"Back in 2017, I founded the American Institute of Certified College Financial Consultants (AICCCFC), which I no longer have ownership of. Through this, I was able to form relationships with some great individuals at the AICPA a few years prior and the opportunity presented itself to author a planning guide for CPAs and financial advisors focused on education planning," said Riskin.

However, before that opportunity, Riskin had seen the perils of college financial planning first hand.

"Since 2012, I have been working with families and financial advisors, who in general have very limited knowledge about college planning outside of investing in 529 college savings plans and guidance counselors. Generally, guidance counselors have very limited knowledge of finances when it comes to college. This book serves to educate advisors so that gap can eventually be closed," said Riskin.

While there are hundreds of books written about financial planning each year, Riskin sets his apart by shifting the focus of a traditional financial planning book.

"There are many books written about college planning, but most focus on the academic rather than the financial planning aspects of paying for college; this touches on both and is written from the perspective of a practitioner and academic," said Riskin. "It is also written as a practical planning guide that provides client cases and illustrative examples so advisors can put what they learn into action immediately upon reading it."

Riskin is currently an Assistant Professor of Taxation and the CFP Program Director at the American College of Financial Services. He is also the Vice President of Riskin & Riskin, PC, a public accounting firm located in Orange, Conn., and the Managing Member of Plainview Innovation Ventures, LLC, a fintech startup. He is an avid musician too, playing guitar, bass, piano, drums, and vocals.

"The Adviser's Guide to Financial Planning" is currently only available to CPAs with the Personal Financial Specialist (PFS) designation or those who are members of the AICPA's Personal Financial Planning Section. It is offered complimentary to them. It is not geared toward advisors, not consumers.

Riskin hopes that by the time he graduates from the DBA program in 2020 the book will be available in a more widespread advisor market.

## Audrey Smiles Too (An Audrey Award Article)

BY TESSA KIELBASA  
Photography Editor

On April 7, the sun was shining down on family, friends, and the rest of the Sacred Heart community as they gathered outside the chapel to dedicate four trees in honor of students who have recently passed away.

Students and families joined together for a mass inside the chapel to remember the students, before heading outside to the dedication ceremony.

Trees have been planted for Matthew Dalling, Matthew LeClerc, Matthew Galligan, and Audrey Niblo. The tree's location has been called the Garden of Remembrance and is located alongside the chapel facing the Main Academic Building.

Alongside the families and other students who attended the dedication, Fraternities and Sororities were there to remember their members and show support for one another.

Dalling was a brother of Kappa Sigma Fraternity and Niblo was a sister of Theta Phi Alpha.

During mass, Father Tony Ciorra explained to the people in attendance the importance and astounding nature of the Sacred Heart Community. During his homily, he asked the question: "How long are you a pioneer for?" A student in the pews said, "Forever."

He went on to explain that the four students had gone on to the next stage of being a pioneer. He then stressed the importance of relationships and how thrilled he was all the people had come to the mass, including the potential pioneers who were visiting for an Admitted Student's Day.

Once mass had ended the crowd gathered around the trees as Father Tony spoke to the guests about each student and explained the plaques that have been placed in front of each tree. He then deemed the ground surrounding the trees sacred and should be treated as such.

Each student's tree has a plaque in front of it written by their friends to try and capture the spirit of their friend who had passed away. Father Tony went to each tree and read the plaques aloud for those in attendance.

Niblo's tree says, "When there's ice cream and playful dogs... Audrey smiles. When help is needed and there's hard work to do... Audrey smiles too. As sorority sisters, friends, and classmates, we remember dear Audrey Niblo for the light and joy she expressed and brought into our lives."

Following the official dedication, family and friends gathered around the trees of their family member or friend and remembered their student.

"With Audrey's birthday being recent, it's been hard. But while I was there it was great. I really enjoyed seeing her family again, being with sisters and being at the dedication mass" said senior, Gloria Perkins who was Niblo's sorority "Big Sister."

After the dedication, Theta Phi Alpha and Niblo's family walked to the Theta Phi rock on Greek Row to remember Audrey themselves.



SACRED HEART FLICKR

FRIENDS AND FAMILY GATHERED AROUND NEWLY PLANTED TREES IN THE GARDEN OF REMEMBRANCE. PICTURED ABOVE IS AUDREY NIBLO'S TREE.



# Arts & Entertainment

## Women's Dance Team Places Top 5 At Nationals

BY JOHN KAYWOOD  
Senior Staff Reporter



@SHUDANCETEAM INSTAGRAM

**THE DANCE TEAM FINISHED IN THE TOP FIVE FOR HIP HOP AND OVERALL TEAM PERFORMANCE AT NATIONALS.**

The Sacred Heart University dance team is back in Daytona Beach, Fla., for this year's National Collegiate Cheer and Dance Competition. The Pioneers enjoyed a fourth-place finish in the hip-hop category and a seventh-place finish overall in Team Performance during last year's competition.

The team was optimistic heading into the weekend.

"The team is extremely fired up right now," said senior Chelsey Currin. "We have worked so hard this year and are eager to show the judges and the audience."

The assistant coach, former Sacred Heart dancer and 2014 graduate Reina Van Florcke, mirrored how this team moves in lockstep.

"This team has a bond unlike any other I have coached, and you can feel their passion for these routines and the program," said Van Florcke. "They have overcome struggles together and are so extremely supportive of each other."

Van Florcke will take over as head coach next season with Deirdre Eller-Hennessey stepping down and taking on the role of an administrator.

Eller-Hennessey will still have an advising role next season but will not be as hands-on.

"She is more than just a coach to this team and me," said Van Florcke. "Coaching alongside her for the last four years has been a journey that will forever be unmatched. She is an incredible coach, successful at work, and an amazing mother, and I strive to be like her as I grow older."

Senior Sara Regan said there are no words that can describe how Eller-Hennessey will be remembered as head coach.

"She has made all of our lives here at Sacred Heart University so special and has made us all feel important," said Regan.

Eller-Hennessey's legacy at Sacred Heart includes multiple Top 10 finishes and creating a winning culture. Her two-decade stint has nurtured this program to the point where it is nationally recognized as a major contender.

Living only two miles from campus, Eller-Hennessey has made this school her home.

"There are a lot of emotions. I just think that ultimately we want to make her proud; she deserves so much recognition for the heart instilled in this team," said senior Kate Li.

At Nationals, the Pioneers placed in the top five in both hip-hop and team performance, fourth and fifth place respectively.

"These are memories that will last a lifetime and I'm blessed with a lot of them," said Eller-Hennessey. "Every team is special to me but this is the one I graduate with."

Van Florcke feels fortunate that Eller-Hennessey trusts her in taking over the program.

"I will do everything in my power to make her and this team proud," said Van Florcke.

## Review: Billie Eilish's First Full-length LP

BY STEPHANIE PETTWAY  
Co-A&E Editor

Billie Eilish. The 17-year-old pop singer who is showing that pop music can have a dark side. Think of a darker Lana Del Ray, or Lorde, or even Kanye West during his "Yeezus" era, and you get Eilish. Having a soft, and wispy voice that carries most of her songs with a heavy bass, a simple piano, or even a ukulele or guitar, Eilish is not the average young singer.

With her Aug. 2017 EP, "Don't Smile at Me," Billie made a splash with her song "bellyache," in which she entertains a fictional scenario about having a vendetta against her own friends. With this rather twisted song, she sets the tone for the type of music she wants to share with her audience, and she continues it in her first full-length album, called "WHEN WE ALL FALL ASLEEP, WHERE DO WE GO?"

With a modern yet familiar sound, Eilish reminds fans why they liked her in the first place, while also catching the attention of people like myself, who haven't heard her music before. The album experiments with many different sounds of electropop, indie, and alternative.

I am going to start with my favorite song, "my strange addiction." It features samples from NBC's "The Office" and a groovy beat that can't be ignored. I am not usually someone that likes repetitive songs, but this is one of the few that is catchy and gives me a bit more substance.

Sampling other artists' songs has been a longstanding practice, but who has ever heard of someone sampling a popular TV show? Having that sample playing over an electronic beat adds an extra bit of individuality that shows not just her interest in (and maybe even addiction to) the show, but also Eilish's fun side – the side that we get a glimpse of in her intro track to the album, "!!!!!!," on which we can hear her audibly taking out her Invisalign and stating thus: "I have taken out my Invisalign and this is the album."

Another stand-out is the longest song, "I love you," wherein Eilish sings over a guitar and you literally fall in love. It's a sincere ballad of a rocky relationship. It brings you through the motions of a relationship that you should hope not to experience: loving someone when you know you shouldn't. It's a distinctive love song, although featuring a rather standard melody, but it's nice to know that Eilish is not entirely wrapped up in electropop and Auto-Tune; she has a voice that can convey her honesty too.

Singles "bury a friend" and "when the party's over" are unique songs, and each give a good taste of the album as a whole.

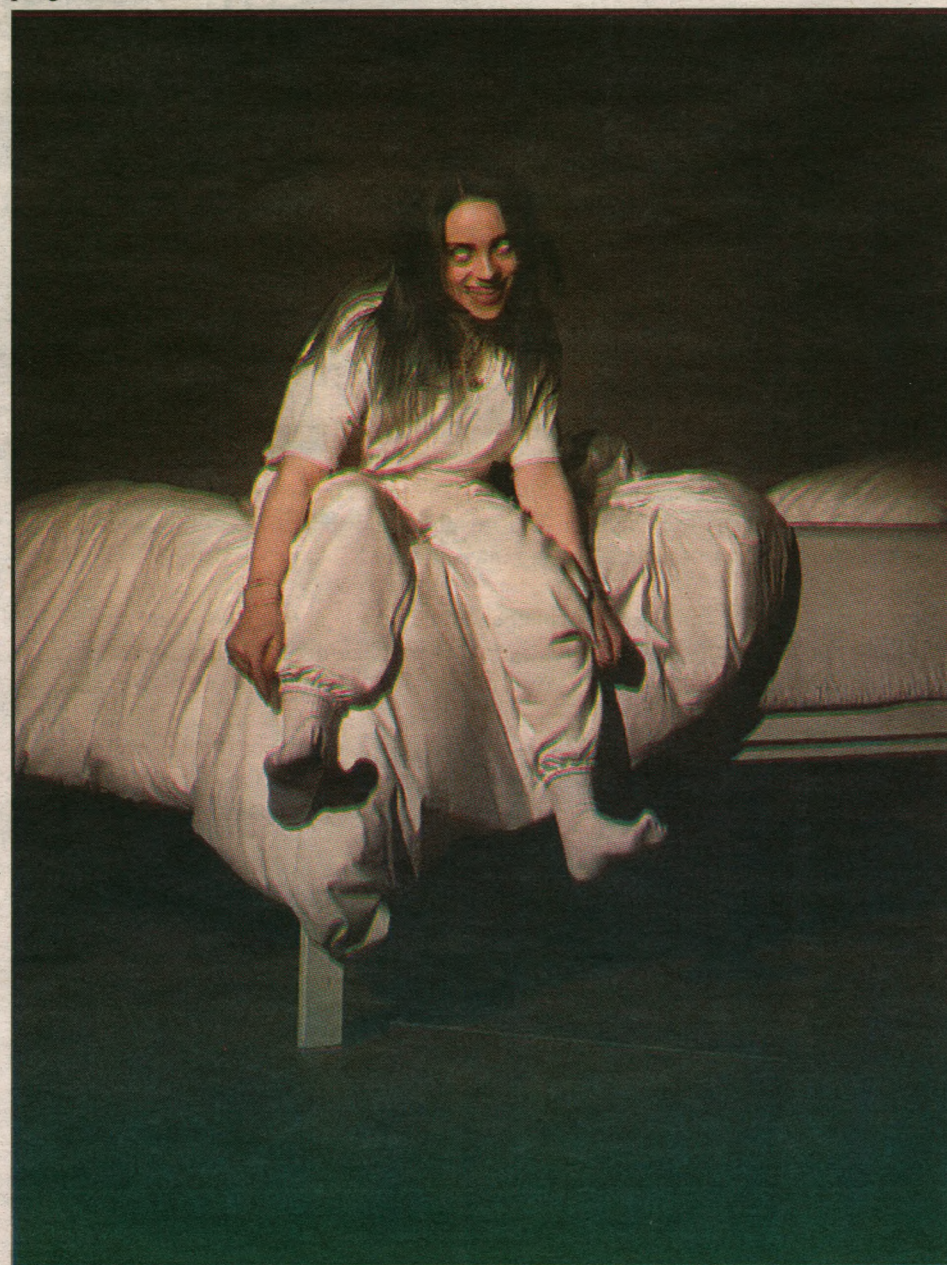
"Bury a friend" is the song that gives me that "Yeezus," "Black Skinhead" vibe; it's a young female perspective with the same amount of angst. It gives off a spooky tone with a monotonous bass and makes you think about the concept of what happens to us when we fall asleep. Kanye makes us think about a similarly complex theme in his song.

In the music video for "you should see me in a crown," you get to see Eilish explore arachnophobia. In the video she wears a crown as a spider crawls on her leg, arm, face, and even out of her mouth.

"When the party's over" is about just that – what happens after the end of a party. It's about leaving someone you love, letting them go, saying your final goodbye. This song completely sums up the adolescent and young adult moods that we currently feel.

This album made me a fan of Eilish, and makes me excited to listen to her prior and future projects. Though age should not be a factor when it comes to talent, I am very impressed with just how much talent Eilish has at just 17 years old. She captures all the

moodiness and angst that we all feel, no matter what age we are. It just goes to show that she is only just getting started. I expect she will have much in store for us as her career progresses.



BILLIE EILISH'S WEBSITE

BILLIE EILISH RELEASED HER DEBUT ALBUM "WHEN WE ALL GO TO SLEEP WHERE DO WE GO?" THE ALBUM COVER IS PICTURED ABOVE.



# Arts & Entertainment

## “Sex in the City” Author Takes on #MeToo

BY NICOLA PAERG  
Staff Reporter



CANDACE BUSHNELL, PICTURED ABOVE, HAS PARTNERED WITH KATIE COTUGNO ON A BOOK HIGHLIGHTING THE #METOO MOVEMENT.

“Sex in the City” author Candace Bushnell is collaborating with young adult writer Katie Cotugno for her next project.

The pair will be creating a novel that correlates with the #MeToo movement to draw attention towards it.

“I have not read any of her books,” said freshman Dorrian Stangel. “I feel like the book topic is a good idea because it is something that our generation stands behind and it can help continue the sparked conversation.”

The #MeToo movement has ignited a national conversation acknowledging the survivors and victims of sexual assault and domestic violence according to the Me Too Movement website.

“Sexual violence, in my eyes, is something that is becoming a more prevalent issue in our society today and definitely gets overlooked,” said junior Samantha Zebitsch. “The fact that she is taking the risk to write about it is really courageous and inspiring because many books don’t talk about things of this nature.”

Cotugno is known for her books “How to Love” and “99 Days.” She considers herself to write “complicated, feminist love stories.”

“I feel that the #MeToo movement is a necessity that will ultimately contribute to raising awareness to an issue that shouldn’t be an issue anymore,” said Stangel. “It’s an issue that is not right and people keep ignoring it, but it continues to affect a majority of the people in the world.”

The novel “Rules for Being a Girl” will revolve around a high school senior girl, Marin, a victim of teacher harassment. The teacher will make advances and passes towards Marin in an inappropriate manner.

“The whole teacher student thing is becoming increasingly relevant in the media, so it’s a topic worthy of exploring,” said senior Arthur Natale. “It is something that many people might easily identify with, especially since a majority of college students are women and there are many of male college professors.”

Marin channels “Sex in the City” protagonist Carrie Bradshaw by writing for the school newspaper, creating the column “Rules for Being a Girl.”

“Even if you were not directly affected by sexual violence, being able to read a book and see someone’s perspective as if they were sexually abused can educate people on what to do and how to deal with someone who was affected negatively from sexual violence,” said Zebitsch.

The novel is set to be published and released in 2020.

Bushnell’s intention is to represent the new generation of girls who are affected my these acts of violence and assault.

“Creating a book about the ‘Me Too Movement’ just adds to the power of the effort, making it more difficult to eventually sweep these issues under the rug and forget about them again,” said Natale. “It will keep the conversation and progress alive. This movement is something with the ability to create real culture change.”

*The Associated Press contributed to this article.*

## “Queer Eye” Starts its Third Season

BY JOSEPH BRAUN  
Staff Reporter

“Queer Eye,” the popular Netflix show, returned for its third season on March 15. The show focuses on the “Fab Five,” made up of Antoni Porowski, Jonathan Van Ness, Tan France, Karamo Brown, and Bobby Berk.

The group announced the return of their show with a release date and trailer video that they shared on Feb. 15 to their nearly 1.3 million Instagram followers.

With each man being an expert in their own craft, they accept the responsibilities for going in and restoring the style, confidence, fashion, interior design, and culture of the average (often) straight man.

Each character of the “Fab Five” has their own unique personality that sets them apart from the others. These personalities blend together to achieve the rescue of someone who is culturally and stylistically lost.

“Van Ness is a true queen. He is very emotional and truly wants all of his clients to feel their best. You can tell he loves what he does and is very passionate about making people fall in love with who they see in the mirror,” said junior Emma Stent.

The gang picks a different location to shoot for during each season.

In search of people that are in need of a makeover, for their third season, the “Fab Five” took their talents from Atlanta to Kansas City, Miss.

Students are happy to hear that Netflix has released the new season.

“I’m excited for season three because I want to see what new things they come up with, and the new people they are going to help,” said sophomore Denice Brito. “The show is also unique because it breaks male stigma and their assumed masculinity.”

The show has had great success prior to its season three launch.

With great reviews for season three, it’s clear to see that Queer Eye shows no signs of slowing down.

“This show is binge-worthy. Before you know it, you will have finished a season and you will have laughed for hours straight. This series is definitely worth the watch,” said Stent.

Queer Eye season three episodes are now available for streaming on Netflix.



QUEER EYE HAS RETURNED TO NETFLIX FOR ITS THIRD SEASON FOLLOWING THE “FAB FIVE” MAKING OVER THE AVERAGE MAN.



# Sports

## Women's Golf Competes at SHU Invite

BY JACK RAVITZ  
Staff Reporter

The women's golf team held their annual SHU Spring Invite on April 7 and 8. The tournament took place at the Great River Golf course located in Milford, Conn, which is the Pioneers' home course.

The team came off a fourth place finish at the Lady Cat Invitational, which took place from March 7 through 8 in Daytona Beach, Fla. According to Athletic Communications, senior Chelsea Sedlar and freshman Hana Bowman both finished tied for ninth.

"We really shined at the Lady Cat Invitational and I think the momentum from those good scores will push us through conference," said Sedlar.

After the Lady Cat Invitational, the team had time off to prepare for the final stretch of the season. This allowed for extended time to practice for the SHU Invite and next week's North East Conference (NEC) Championships.

"Since we returned from our spring trip we have been focusing on our proximity to the hole and driving accuracy," said head coach Matthew McGreevy. "We are building for the conference championship and we are looking to use our home event as a springboard for a successful conference championship."

Siena College won the first day of the competition by 14 points over Sacred Heart. Siena had 318 points on the day while Sacred Heart had 332.

Going into the match, both McGreevy and his players were feeling confident because of their knowledge of the course.

"It's always a big mental advantage to play on our home course," said Sedlar. "Great River is one of the more challenging courses that we play on and being able to play there every day is a big advantage

over our competitors who only get to see it during the practice round."

The SHU Invite included Siena College, University of Hartford, Monmouth University, Fairfield University, College of the Holy Cross, and St. Francis Brooklyn.

Heading into the tournament, Sedlar also understood that with hosting a tournament comes the expectations of good results.

"It can also add the pressure of needing to perform well because we play there every day, but we try to not focus on expectations and just play the best we can," said Sedlar.

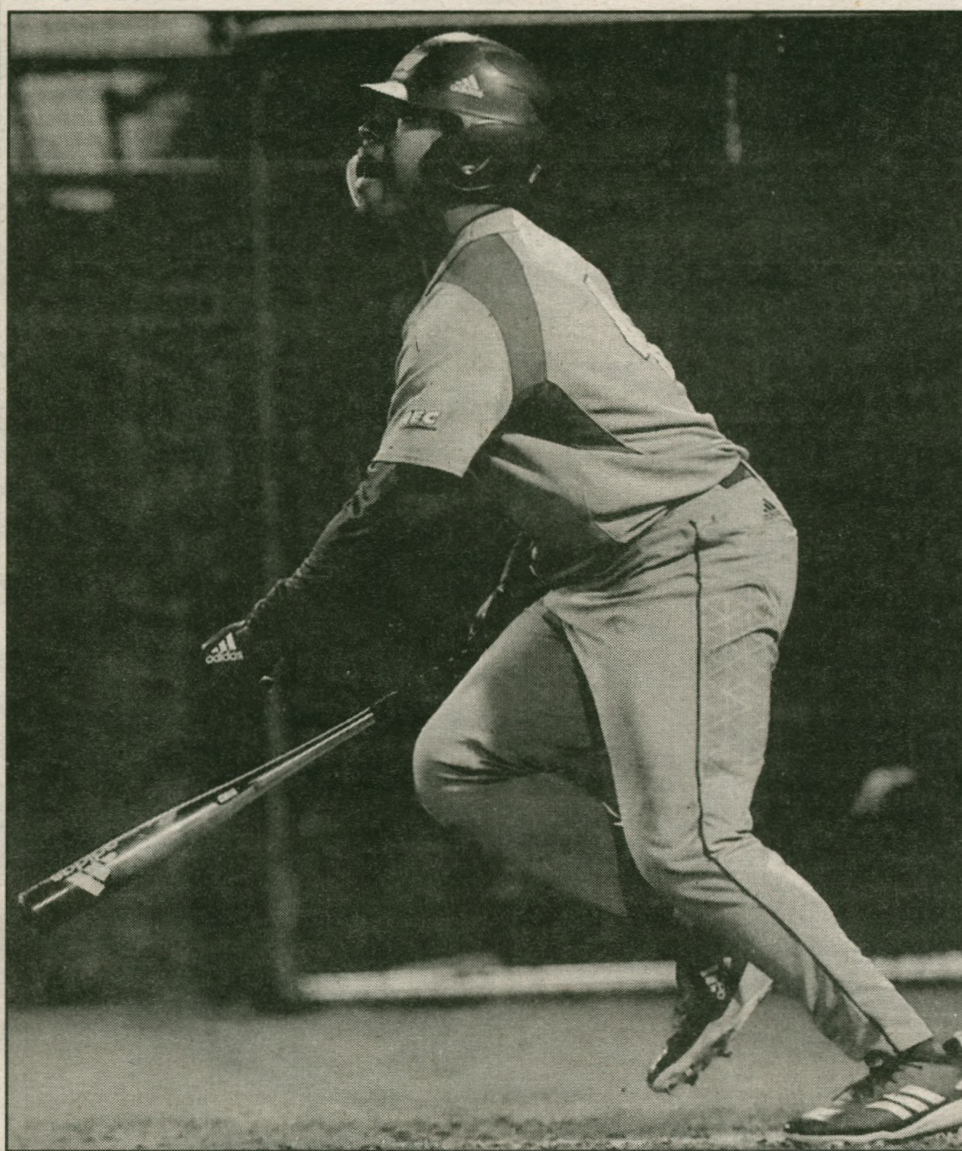
So far this spring, the team has played their tournaments in South Carolina and Florida. For the first time, the players were going to have to prepare for the cooler conditions.

"The cooler weather has a lot of impact on the game. First of all, if the ball is cold there is less compression, and the ball will not travel as far, so there is a distance adjustment," said Sedlar. "The weather can also impact swing because wearing more layers makes it harder to rotate through the ball."

The team will now be shifting their attention to the NEC Championships that will be taking place in Florida from April 12 through 14.

"I think we are all prepared for conference and are aiming to win conference. We used the SHU Invite as a practice tournament to get ready for the mental pressure of conference," said junior Ana Contreras.

On April 13 and 14 the men's golf team will be hosting their annual SHU Invite before they begin conference playoffs as well.



SACRED HEART ATHLETICS

THE MEN'S BASEBALL TEAM SPENT MOST OF THEIR SEASON SO FAR PLAYING AT AWAY GAMES. PICTURED ABOVE: SOPHOMORE ISIAH DAUBON.

## Sacred Heart Baseball Begins NEC Play

BY DAN GARDELLA  
Asst. Sports Editor

With the Northeast Conference (NEC) portion of the schedule beginning for the Pioneers baseball team, there is a feeling of a fresh start to their season, which began with 24 of their first 26 games on the road, including the first 23 games of the year.

"There's a reason the non-conference schedule was so tough," said sophomore infielder Jake Frasca.

"The better competition you play, the more you raise to those standards. We rise to that level. It puts us in a great spot in NEC play."

The team began the non-conference portion of their schedule 5-15, and thanks to series wins over LIU Brooklyn and Fairleigh Dickinson, the Pioneers are off to a 4-2 start in NEC play.

"It goes to our preparation in practices and meetings," said head coach Nick Restaino. "The message is to play the game one pitch at a time, do something now to help us later. If you do your job, you can win a game and a series."

While the schedules for each season are planned a year in advance, there is the hope that by playing against tough opponents, they will respond. Restaino said that while it is risky, the goal is to challenge the team and hope they answer well as they prepare for conference play.

The team has not focused on what they have already done this season.

"We can't get complacent and content. We have to keep our foot on the gas pedal," said sophomore pitcher Ryan LaMay. "We wish we were 6-0. If you get complacent, it can lead to mediocrity."

With the weather warming up in the northeast, the team is finally beginning to

have the opportunity to play baseball on their home field, something they haven't done before.

"The first couple weeks of the season are always challenging," said LaMay. "We spend our early practices indoors while southern teams are outside. We come into these games as prepared as you can get with indoor facilities."

LaMay also said that the teams who had the ability to practice outside all winter were slightly better at executing the little things, which ultimately gave them the slight advantage.

According to Athletic Communications, LaMay leads the Pioneers in innings pitched and Frasca leads the team in hits. Their jobs range to more than just the baseball field. For a team that has just six seniors, it is their job to guide the freshmen, who have already made strides in their young college careers.

"We have a lot of impactful freshman. Our centerfielder, Justin Jordan, has been extremely helpful. We have a couple other guys who are throwing the ball well," said Frasca. "It's important for them to see what our conference is like and that we are a top tier team. We spent all this time practicing and they finally get to see the result on the field."

With the season not even at its midpoint yet, the goal is to continue to improve every day.

"If you worry about one thing that happens, it affects the whole series," said Restaino. "Our message is to play the game one pitch at a time. If we do our job, the percentages are going to be in our favor."



SACRED HEART ATHLETICS

THE WOMEN'S GOLF TEAM COMPETED IN THEIR ANNUAL SHU INVITE ON APRIL 7 AGAINST SIENA COLLEGE, UNIVERSITY OF HARTFORD, MONMOUTH UNIVERSITY, FAIRFIELD UNIVERSITY, COLLEGE OF THE HOLY CROSS, AND ST. FRANCIS BROOKLYN.



# Sports

## Winter Guard Club Spotlight

BY DEASHA BENT  
Staff Reporter

The Sacred Heart Winter Guard competed this past week in Dayton, Ohio, at the Winter Guard International World Championships.

The guard program is split between fall and winter seasons. The fall Color Guard performs at halftime at football games and does exhibitions for local high school competitions. The Winter Guard also competes in the local circuit, Musical Arts Conference (MAC), and the international circuit, Winter Guard International (WGI).

"Winter Guard is guard is a competitive indoor sport known as the sport of the arts," said junior guard captain Amber Luis, a three-year veteran of the team. "It incorporates dance, visual and general effects, and excellence with spinning choreography of flags, sabres, and rifles."

The 22-member team practices three days a week, totaling over 14 hours of preparation. The group has come together during those practice hours and focuses on various aspects of the sport. Since 2003, they have been competing all across the country, showcasing their skills. Junior Emma Schwartz has been a part of eight competitions this season.

"To prepare for worlds, I practice my show a lot of times in my head. Winter Guard is a very mental activity, so I like to remind myself that I am capable of doing well," said Schwartz.

It is because the university offers the program that some of the members, like Schwartz, considered Sacred Heart as an option for college in the first place.

"I had heard about Winter Guard before joining. It's one of the reasons I chose Sacred Heart University. I joined Winter Guard because my high school didn't have Winter Guard; we just had Color Guard. I always wanted to be in a Winter Guard that competes and goes to Dayton," said Schwartz.

While championships bring out a competitive attitude, it is also fun for the club to get involved and compete like they did in 2018.

"Worlds last year was a lot of fun. It was our first time in a new division, which was hard, competitively – but still a great time," said Schwartz.

Winter Guard requires little experience to join, as it is a transition from the marching band in the fall semester, where you begin to learn the skills. The club is welcoming to all

and it is open to any questions that pertain to joining and what it is like to be a member of the team.

"Being a member means to be a part of a very close team and friendship. We've fully bonded over this activity that is very unique to any other sport. The activity itself takes a great amount of individual practice to be proficient, and in essence to be a member you need a high awareness of time management," said Luis.

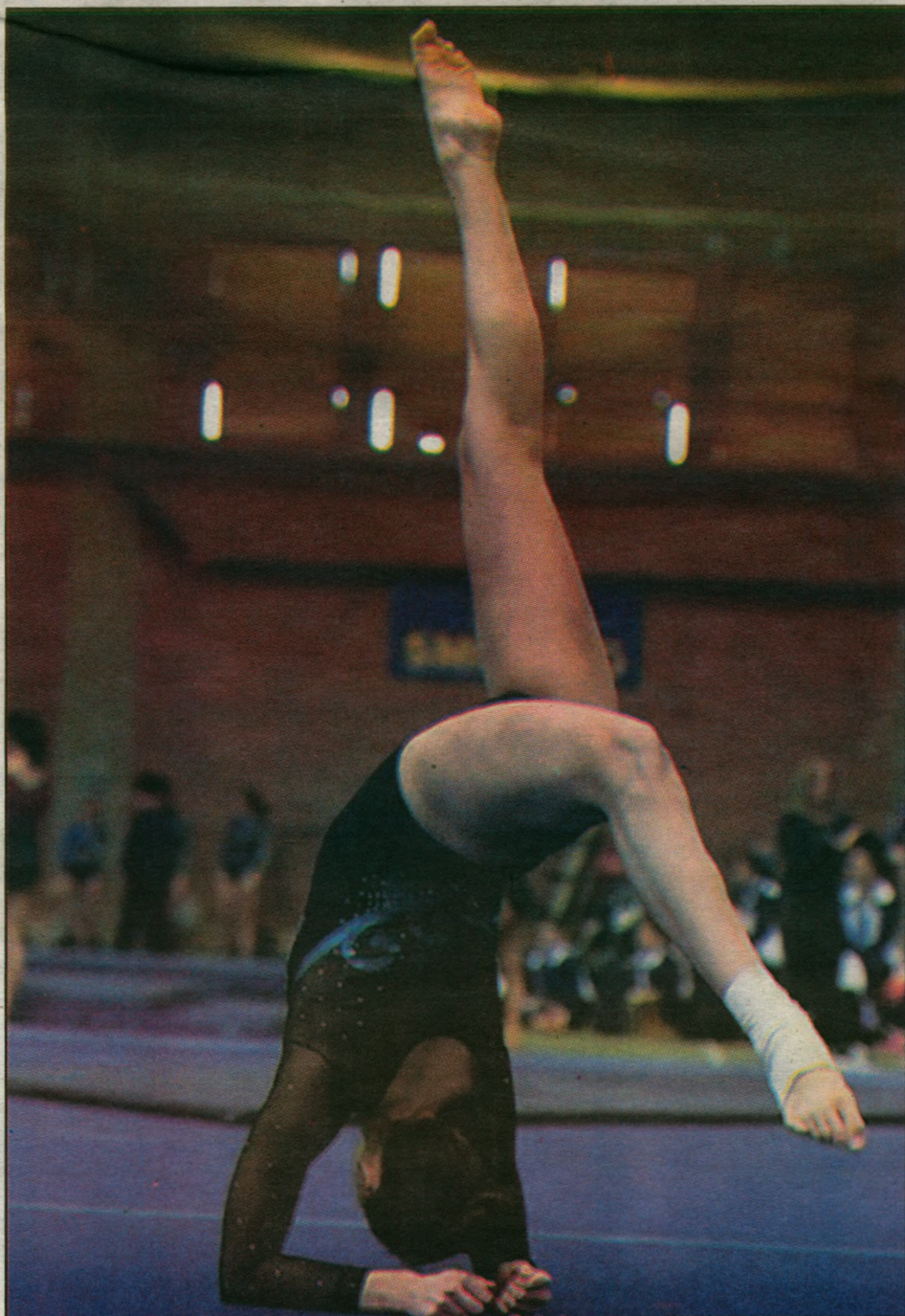


@SHU\_GUARD INSTAGRAM

THE WINTER GUARD, A DIVISION OF THE BAND PROGRAM, PARTICIPATED IN THE WORLD CHAMPIONSHIP IN DAYTON, OHIO.

## Club Gymnastics Looks Head to Nationals

BY RYAN TOUHEY  
Sports Editor



@SACREDHEARTCLUBGYMNASTICS INSTAGRAM

THE CLUB GYMNASTICS TEAM IS GETTING READY FOR NATIONALS IN DAYTONA BEACH, FLA. PICTURED ABOVE: CATHERINE ROSSI, FRESHMAN.

The club gymnastics team had their spring home meet on March 31, at the Lakewood-Trumbull YMCA. They competed against Penn State, Springfield, University of New Haven, and University of Connecticut.

It was the team's final competitive setting before Nationals in Daytona Beach, Fla., from April 11–12. It was also the team's senior meet, where they recognized the contributions of senior Bridget Nolan, senior and assistant coach Abby Bayzath and senior captain Hannah Rennie. Head coach Marissa Lauretti said that Rennie is the team's most consistent athlete.

"Rennie shows up to everything and plays a huge part in the team doing well," said Lauretti. "She scores either first or second in almost every meet that we go to."

There were four events at the meet; floor, bars, vault, and beam. Sacred Heart had been familiar with some of the opposition, but not all of it.

"We've always competed against UConn, but we never went up against Penn State before," said Lauretti. "UConn and Penn are very clean in their gymnastics and they don't get a lot of point deductions, so we really had to work to get our requirements up."

Prior to the meet, the team focused on certain aspects of their routines in order to get as close to perfection as possible. Lauretti said that they worked on getting themselves in the right form for certain events. She also said that the team aimed for smoother landings.

At the meet, the gymnasts were split up into two separate teams based on their skill sets. These teams were the Level 7 team and the Level 9 team. Both teams competed in all four events.

Rennie was a member of the Level 9 team. According to club sports, she placed third on the vault competition, second on the bars, first on the beam and second overall.

On the, Level 7 side, it was freshman Emmi Moore, sophomore Emily Petron, and junior Ali Bertolozzi, standing out.

Bertolozzi was second on vault and beam, third on bars, fourth on floor and second overall. Moore was first on beam, second on floor and second overall. Petron finished third on both vault and beam.

"I knew that my scores were going to matter more because when the judges make the overall team score, they have to take the individual athletes' scores," said Petron. "During the meet, I tried to tune everything out and get in my zone to make sure that I could perform the best that I could."

In the end, the Level 7 team finished first in the team standings for the event, while the Level 9 team came in third.

"This season has been a really great one and the gymnasts motivated me to push them harder, and they got better," said Lauretti. "This is my last season as the head coach so it's a little bittersweet."

Petron said that having Lauretti by her side as a source of encouragement, got as much out of her as possible during the season. After stopping gymnastics after her freshman year of high school, she returned to the sport when she entered Sacred Heart in order to get involved.

"I was skeptical because towards the end of my gymnastics career in high school, I was frustrated with the sport, and I didn't love it as much as I used to," said Petron. "But Marissa taught me how to love it again and she reminded me it's not so much about the competition, it's about having fun."





# SHU SCORES



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THE SACRED HEART UNIVERSITY WOMEN'S RUGBY TEAM COMPLETED ITS MATCHES AT THE BROWN 7'S TOURNAMENT ON APRIL 6 AS THE SHU TOOK THREE OF FOUR GAMES. PICTURED ABOVE: JILLIAN PICARD-BUSKY, JUNIOR.